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Chicopee Register

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EDUCATION

School before sledding

Committee considers remote learning on snow days

By Dalton Zbierski
Staff Writer

It's hard to envision the winter in July, but any students can attest that snow days are the best. The nature of the phenomenon could soon change, however, as was discussed during June 30 Curriculum Subcommittee meeting of the Chicopee School Committee.

"The state of Rhode Island has eliminated from their curriculum all snow days. They're now doing remote learning on snow days. I'm wondering if that is feasible locally in Chicopee and also if Massachusetts is advocating to eliminate snow days and go to remote learning," said Ward 9 representative Mary Beth Costello.

Rhode Island State Education Commissioner An-

See SCHOOL page 5

Fourth of July fun

Several Chicopee residents shared how they spent their Fourth of July holiday. Above, from left Richard Hoffner, Jude Hoffner and Margy Moore enjoyed the beautiful Fourth of July weather this past weekend. Left, Noelle Nicodemus enjoys some ice cream from Ayah's Ice Cream on Front Street. Top left, Dressed head to toe in red, white and blue, Jude Hoffner put his patriotism on full display on July 4. *SUBMITTED PHOTOS*

SOLDIER'S HOME

Investigator reveals findings

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BUSINESS

Supermarket makes sizeable donation

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OPINION

Examining some unusual conversations

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Colts had quartet of strong seniors

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CITY COUNCIL

McAuliffe urges City Council to Zoom

By Dalton Zbierski
Staff Writing

The city of Chicopee made a multitude of sacrifices to endure Covid-19. Among them is its decision to remove public input from municipal meetings.

To the ire of Ward 1 City Councilor Joel McAuliffe, City Council is committed to conducting its meetings over the phone. During a July 1 virtual town hall, McAullife voiced his opinion to Chicopee Comprehensive High School social studies teacher Joshua Clark.

"Ultimately, it's about our values; the value of inviting the public into our discourse and letting them have their voices heard," said McAuliffe. "We're their representatives, but there is no more powerful thing that can happen in local government than when someone comes to a City Council or School Committee meeting and offers their two cents directly to the people who represent them. We have to find a way to make that happen, and I think we can."

McAuliffe, 28, sits on a council that is primarily made up of officials who are at least 60-years-old. He proposed a piece of legislation during the July 7 meeting, urging the council to adopt a videoconferencing platform such as Zoom or Google Meet, allowing for real-time audience participation.

"Listen, we all know people in our lives who have difficulty with technology. That's just life. A lot of us have had to learn on the fly. I never was in a Zoom meeting until March; I think that's probably similar for [a lot of people] who have never touched this stuff, but it's something that you have to learn and adapt to," said McAuliffe on July 1.

Clark agreed; he considers the problem to be "glaring." After McAuliffe expressed his viewpoint, Clark shed light on the issue and inquired as to how it can be resolved.

"How can we help elected officials and those who are supposed to represent us have a better connection to the public, who just want to be able to voice their concerns? On social media over the past couple of weeks, I've seen [posts referencing] the bizarre nature of city government operating on teleconference lines as opposed to Zoom and Google Meet," said Clark.

McAuliffe is more than confident that the city can support the change. He complimented Chief Information Officer Andrew Vernon for his ability to facilitate remote working environments for city employees and students and hopes that City Council will take advantage of his services.

"If small communities

See ZOOM page 11

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Food services maintains presence during pandemic

Food Service employees are hard at work this summer, preparing fresh meals for local youths.

Fresh meals like this await local children thanks to the work of the Food Service Department at Chicopee Public Schools.

SUBMITTED PHOTOS

By Dalton Zbierski
Staff Writer

When the school year was turned upside down in mid-March, the Chicopee School Food Service Department quickly established itself as a community pillar that could not be shook. While the school year has concluded, Food Service employees remain hard at work, ensuring that local students are adequately fed this summer.

"We're basically doing the same method of pickup that we were doing throughout the school closure at mostly all of the same sites," said Melanie Wilk, Director of Food Services.

"It's 14 sites; it's all of the schools except for Belcher, Lambert-Lavoie, Chicopee Academy and Szetela. We're also doing the two police substations and the School Department building at 180 Broadway St."

This summer, meals can be picked up every Monday, Wednesday and Friday between 11 a.m. and 1 p.m. The USDA extended a waiver allowing parents to retrieve up to two sets of meals during each session.

A July menu can be viewed on Chicopee FRESH's Facebook page or at Chicopee.org under "Food Services: Lunch Menus." Heading into the summer, Wilk was concerned that the department would be understaffed; her fears were quickly alleviated.

"I was a little bit worried because normally during the summer program we only have about 10 employees; we have one site and usually team up with the Valley Opportunity Council, who then distributes the meals. This summer, we are cooking the meals and distributing them ourselves so we needed 60 culinary staff, but everyone has been so onboard. We easily filled all of the positions," said Wilk.

Ample safety measures are put into place at each meal site to prevent the transmission of the coronavirus. Wilk thanked the district's custodians and her staff members, all of whom have risen to the occasion.

> *"I grew up in Chicopee so I think the whole initiative around building up Chicopee Center is so important. There's no major grocery stores within walking distance or short driving distance. There's no fresh food down there. I think what Greta Shwachman is doing is just incredible."*
>
> **Melanie Wilk**

"When they're outside handing out the meals, they normally put the meals on a utility cart and kind of roll it toward the family so the family can take it and there's no contact. Some people have it put in their trunk or [back seat], but there's no direct hand-to-hand contact with the meals," she said.

Custodians have deep-cleaned each school on multiple occasions during the pandemic, and Food Service employees constantly sanitize on-site. Thus far, no employees have caught the virus, an accomplishment that Wilk credits to their strict compliance to safety protocols.

"We have less than 10 staff members in each school so they're able to social distance in each building," she said. "They're always wearing masks, wearing gloves, changing the gloves and washing their hands as often as possible. We're taking all of the precautions to be as safe as possible."

Wednesday, July 15 at 7 p.m., Wilk will contribute to a virtual Zoom meeting organized by the Chicopee Food Force. As part of an initiative seeking to make downtown more accessible to healthy food options, the forum will aim to gauge the opinions of Chicopee Center residents.

"I grew up in Chicopee so I think the whole initiative around building up Chicopee Center is so important. Chicopee Center is a food desert. There's no major grocery stores within walking distance or short driving distance. There's no fresh food down there. I think what [Farm to School Program Coordinator] Greta Shwachman is doing is just incredible," said Wilk.

To submit input to Shwachman ahead of the forum, one can message foodforcechicopee@gmail.com or mail a letter to the Chicopee Chamber of Commerce at 48 Center St., Suite 201, Chicopee, MA 01013.

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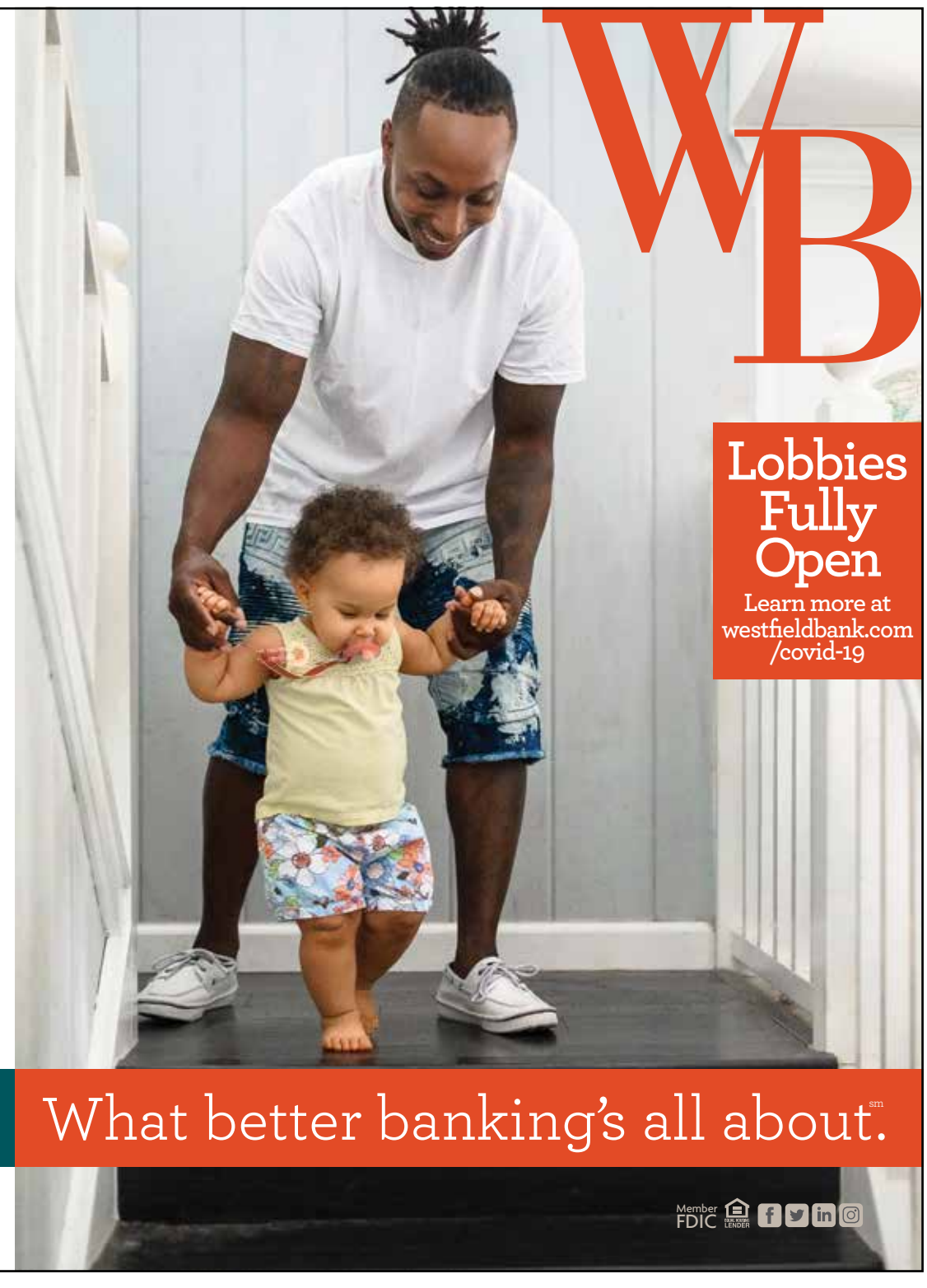

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Investigator reveals findings from Soldiers' Home tragedy

By Dalton Zbierski
Staff Writer

On June 23, Gov. Charlie Baker released an investigative report analyzing the Covid-19 outbreak that occurred at the Soldiers' Home in Holyoke this spring. Written by attorney Mark Pearlstein, the 174-page document lists the factors that contributed to the deaths of 98 veterans and hospitalizations of dozens more.

"Gov. Baker retained us to investigate the causes of this outbreak, with a goal of preventing similar tragedies in the future. We were also asked to investigate whether the home complied with rules for timely reporting of COVID-19 infections and deaths to the Massachusetts Department of Veterans' Services and the Executive Office of Health and Human Services," wrote Pearlstein, an employee of the law firm McDermott Will & Emery.

The Soldiers' Home is a state-operated long-term care facility on Cherry St. in Holyoke; it's population consists entirely of veterans. While more than 80 long-term care facilities in the Commonwealth reported at least 20 Covid-19-related deaths, the Soldiers' Home tragedy gained national notoriety due to questionable management decisions that proceeded it.

Prior to the pandemic, the average Soldiers' Home resident was 85-years-old; Pearlstein added that many of residents already suffered from "serious medical conditions." Both factors made the facility extremely vulnerable to the eventual outbreak.

Pearlstein's research notes that the facility's baseline mortality rate entering the pandemic ranged between 10 to 12 veterans per month. In the weeks following the outbreak, the home's superintendent, Bennett Walsh, came under fire for the suspected role he played in the outbreak, but Pearlstein's report emphasizes that he is not solely to blame.

"Standing alone, neither the existence nor even the extensive scope of the Covid-19 outbreak at the Soldiers' Home demonstrate the the home's leaders – Superintendent Bennett Walsh and his clinical and administrative teams – failed in their mission, or that the Commonwealth's oversight of the home was insufficient," said Pearlstein.

However, the report states that the facility failed to adhere to several of existing public health recommendations that were set in place at the onset of the pandemic. Pearlstein's report makes it clear that several errors facilitated the astonishing death toll.

"Indeed, some of the critical decisions made by Walsh and his leadership team during the final two weeks of March 2020 were utterly baffling from an infection-control perspective, and were inconsistent with the home's mission to treat its veterans with honor and dignity," it says.

The report continues on, noting that Walsh was not qualified to manage a long-term care facility and that his "shortcomings" were well known to DVS, which failed to act. Walsh's "most substantial" error occurred on March 27 during an evening shift in which the facility was low-staffed.

"A decision [was made] on March 27, 2020 to move all veterans from one of the two locked dementia units (2-North) into the other locked dementia unit (1-North), where they would be crowded in with the veterans already living there," reads the report.

"At the time, each unit had veterans who were Covid-19 positive, some who were suspected of having the disease and others who were displaying no Covid-19 symptoms. Rather than isolating those with the disease from those who were asymptomatic – a basic tenant of infection control – the consolidation of these two units resulted in more than 40 veterans crowded into a space designed to hold 25. This overcrowding was the opposite of infection control."

One nurse described the ensuing activity as being "total pandemonium." A recreational therapist described the sensation as "walking [the veterans] to their death" and that the veterans were "terrified."

Another employee likened the atmosphere of the unit to a "battlefield tent" while another described it as "a war zone."

A social worker is quoted as saying, "It was surreal … I don't know how the staff over in that unit, how many of us will ever recover from those images. You want to talk about never wanting this to happen again."

The report goes on to explain that Walsh failed to inform the state of the worsening situation and even accuses him of "conveying inaccurate or incomplete information about the Home's response efforts." That said, the report does not state that the facility withheld cases or deaths from the Commonwealth.

In the report, Pearlstein makes it clear that the state did not influence the investigation or redact portions of the report, which concludes that "the Soldiers' Home leadership team made substantial errors in responding to the Covid-19 outbreak."

Furthermore, the report characterizes the decision to consolidate the dementia units as being "catastrophic." It cites witness reports stating that the unit was "hot" and that dying veterans were "crammed in on top of each other."

During the investigation, only Chief Nursing Officer Vanessa Lauziere took responsibility for contributing to the decision to consolidate the two units. Pearlstein's report casts doubt that Lauziere acted alone.

"We find this not to be credible, and at the very least [Medical Director] Dr. David Clinton was aware (or should have been aware) of the move and did nothing to stop it … Walsh indicates that he was advised of the decision and did nothing to probe or evaluate whether this dramatic step was appropriate," says the report.

Baker-Polito Administration initiates Phase III of reopening plan

BOSTON – The Baker-Polito Administration announced that beginning Monday, July 6, Phase III of the commonwealth's reopening plan will begin and updates on gatherings will be in effect.

The Department of Public Health also issued updated guidance to mitigate the spread of COVID-19.

Businesses eligible to reopen in Step One of Phase III, subject to industry-specific rules concerning capacity and operations include movie theaters and outdoor performance venues; museums, cultural and historic sites; fitness centers and health clubs; certain indoor recreation activities with low contact potential; and professional sports teams, under the authority of league-wide rules, may hold games without spectators.

Full guidance and list of businesses eligible to reopen in Step One of Phase III can be found at www.mass.gov/reopening. Businesses and sectors set to begin opening in Phase III are subject to compliance with all mandatory safety standards.

Revised Gatherings Order

Under the updated gatherings order, indoor gatherings are limited to eight people per 1,000 square feet, but should not exceed 25 people in a single enclosed, indoor space.

Outdoor gatherings in enclosed spaces are limited to 25 percent of the facility's maximum permitted occupancy, with a maximum of 100 people in a single enclosed outdoor space. This includes community events, civic events, sporting events, concerts, conventions and more. This order does not apply to outdoor, unenclosed gatherings if proper social distancing measures are possible.

In Phase III, health care providers may continue to provide in-person procedures and services as allowed in Phase II, with the addition of certain group treatment programs and day programs. These programs include adult day health, day habilitation programs, and substance abuse services day treatment and outpatient services. Certain human services programs can reopen including community based day services for adults with intellectual and cognitive disabilities and psychosocial rehabilitation clubhouses.

Health care providers are subject to compliance with all mandatory safety standards, and must continue to utilize prioritization policies established in Phase II for care delivery and scheduling, as well as monitor patient volume for non-essential, elective procedures and services.

Read the full guidance here.

In Phase III, visitation guidelines have been updated for 24/7 congregate care facilities and programs overseen by the Executive Office of Health and Human Services, including the Departments of Developmental Services, Youth Services, Children and Families, Public Health, Mental Health and the Mass Rehabilitation Commission. Offsite visits, including overnight visits, will be allowed, under specific guidelines. Other updated guidelines, including visitation for long term care facilities, will be released later today.

Complete visitation guidance is available at www.mass.gov/hhs/reopening.

MassHealth will also extend its current telehealth flexibility through at least the end of the year to ensure member access to critical health care services and encourage continued adherence to preventative public health precautions.

Western New England University details plans for fall reopening

SPRINGFIELD – Western New England University has reaffirmed its commitment to resume on campus instruction for the fall semester, preparing to welcome back students while implementing a wide array of health and safety protocols to combat the COVID-19 pandemic.

University President Anthony S. Caprio notified students of the institution's plans in an email July 2, detailing the University's advantage of having both the space and small classes so that the vast majority of undergraduate, graduate and professional classes will be offered fully on-campus this fall. A small number of courses will be delivered in a hybrid or online format.

"We value the health and safety of our students, faculty and staff above all else, and we value providing an education that is true to our mission, one that has an unwavering focus on each student's academic and personal development, inside and outside the classroom," wrote Caprio.

While the University plans to offer a full set of student activities and academic support services, the campus students return to will look different from the one they left in March. Students will be required to wear a mask or face shield, practice social distancing and maintain a high standard of hygiene.

In addition, plexiglass barriers will be installed throughout campus, including classrooms. Most buildings will be one-directional to minimize hallway contact, with classroom capacity reduced to encourage social distancing and additional spaces identified to host classes. Buildings will be cleaned more frequently and residence halls will be limited to single and double rooming options, with roommates being treated as a "family unit." Campus dining facilities will be open and abide state regulations for restaurants in place at the time students return to campus.

Those testing positive for the coronavirus will be relocated to campus housing set aside for isolation and will be cared for physically and emotionally. Criteria for testing are still being worked out, in accordance with recently released guidance from the federal Centers for Disease Control and Prevention. Western New England will also implement contact tracing in conjunction with the Massachusetts Department of Public Health.

Fall semester undergraduate classes will begin as scheduled Monday, Aug. 31 and continue through Friday, Dec. 11.

The University has implemented a dedicated helpline to answer questions related to its reopening plans. Students are invited to call 413-782-1321 Monday through Friday from 8:30 a.m. to 4 p.m.

Given the uncertainty created by the COVID-19 pandemic, Western New England University continues to accept first year and transfer applications and award merit scholarships for the fall semester through Aug. 15. Prospective students should visit www.wne.edu/apply for more information.

Assessors to begin data collection on nearly 3,500 parcels

The Chicopee Board of Assessors recently announced that they are conducting a residential data collection project of 3,449 parcels beginning Monday, July 6 and ending by the second week of September. The project is legally required by the state's Department of Revenue intended to comply with a 10-year directive intended to ensure all properties are valued accurately and fairly in relation to each other, as required by state law.

Data collectors with city identification will be ringing bells or knocking on doors to inquire about interior data, measure buildings and take pictures of buildings not in the valuation system. Data collectors will not be entering homes, but will have masks, will practice social distancing and will be checked for health as required by city health and safety rules based upon CDC guidelines protecting data collectors and the public.

The project was postponed until now due to concerns about COVID 19. Usual visitations take about five minutes and are intended to be "non-intrusive and taxpayer friendly." Field data collection rarely effects values or taxation of the properties inspected.

The households affected are primarily in Wards 4 and 5 located off Front Street, Fairview Avenue, Grove Street, Broadway Street, St. James Avenue, East Street and East Main Street, as well as four streets off Sheridan Street near Walmart. The Police Department has been provided a full list of individual streets from the assessors, as well as the identities of the collectors and their vehicles. Residents affected have already been sent a notification letter of the visitation, and the project is being publicized in the press, Facebook and through the Assessors Office. For more information, call the Board of Assessors at 594-1430.

Coalition changes name to highlight advocacy for soldiers

HOLYOKE – A grassroots organization that developed earlier this month to petition the state for significant capital improvements to the Soldiers' Home in Holyoke has rebranded its efforts under a new name that incorporates their broader effort to provide greater advocacy on behalf of Veteran residents at the Soldiers' Home and their family members.

Formerly known at the Fund Holyoke Soldiers' Home Now coalition, the group has renamed itself the Holyoke Soldiers' Home Coalition with a new web page that can be found at www.holyokesoldiershomecoalition.org.

Coalition members include veteran leaders, family members, veteran services' representatives and concerned citizens, including former Soldiers' Home Superintendent Paul Barabani and former Deputy Superintendent John Paradis. They have called on the Baker-Polito administration to address significant concerns they have with the state's plan to improve the operations and oversight of the Soldiers' Home in Holyoke.

A major focus for the coalition is to ensure that they are included in the discussion with the state before major reforms or construction plans go forward.

A key demand of the group is that an outreach effort must include a process for the state to receive feedback and consensus from family members and from the veteran community in Western Massachusetts.

"We, the members of the Coalition to Fund the Holyoke Soldiers' Home Now, demand a voice on all matters regarding the future of the Soldiers' Home in Holyoke," the coalition states. "Our voices must be heard. In the aftermath of the COVID-19 outbreak at the Soldiers' Home, the reforms outlined will have consequences far reaching for Veterans and their family members for years to come and we appeal to Governor Baker to include our input before moving forward. We, as a Commonwealth, must get this right if we are to move forward from the tragedy that resulted in the deaths of 76 Veterans. Their family members deserve to be heard, and we as citizens call on the Governor to hear our voices."

A detailed list of recommendations to the state are listed on the organization's web page.

For more information about the group's membership, mission and vision visit www.HolyokeSoldiersHomeCoalition.org.

PVPC receives grant for age-friendly initiative

SPRINGFIELD – To help engage and advance healthy aging throughout the region, the Pioneer Valley Planning Commission recently received a $195,000 grant from the Tufts Health Plan Foundation.

The three-year grant will be used to convene a Pioneer Valley Age Friendly Collaborative to engage member communities in planning for an aging population.

"We have an opportunity to think differently about how our systems are addressing community needs," said Nora Moreno Cargie, president of Tufts Health Plan Foundation and vice president for corporate citizenship at Tufts Health Plan. "We are living in unprecedented times. We need to learn from this experience and think about how we can change the conditions that hold problems in place."

This project, led by the PVPC, formalizes an existing effort around age-friendly planning in the region. PVPC will partner with municipal planning departments, councils on aging, health care and service providers, community organizations, universities and residents to create municipal Age Friendly action plans that reflect priorities of the region's current and future older adults.

"We are excited to expand planning for healthy aging to municipalities throughout the PVPC region," commented Becky Basch, senior planner with the PVPC. "And by bringing together all of the cities and towns that are planning for an aging population, we will create a valuable space for sharing ideas and best practices at the local and regional levels."

Registrars to hold special voter registration session

Representatives from the Chicopee Registrars of Voters Office will be conducting a special voter registration and assist residents with replying to the 2020 U.S. Census from 10:30 a.m. to 2 p.m. at the Chicopee Farmers Market Wednesdays, July 15, 22 and 29. City residents may check on their voting status, update city census information, apply for an absentee ballot and obtain information and applications for U.S. passports.

For additional information, call the Registrars of Voters office at 594-1550 or email jsurdyka@chicopeema.gov.

Introductory fishing classes online

Those interested in learning to fish may now do so in the comfort of their own homes by utilizing their home computer. The Massachusetts Division of Fisheries and Wildlife is now offering free, online introductory fishing classes designed to teach the basics to folks of all ages.

Topics include gear required to take the first cast, where to find fishing spots, fish identification and anatomy, as well as the basic rules and regulations for fishing the inland waters of the commonwealth.

Classes are available, Monday, July 13; Tuesday, July 21 and Wednesday, July 29. All classes will take place from 4 to 6 p.m.

Registration is required as space is limited to 50 people per class. Upon registration, participants will receive a link to join the virtual classroom.

For more information or to register, visit mass.gov/service-details/angler-education-calendar.

Governor announces $20M available to households affected by pandemic

BOSTON – The Baker-Polito administration recently announced a new $20 million, statewide fund to assist low-income households facing difficulty making rent and mortgage payments. The Emergency Rental and Mortgage Assistance program will provide direct funding to eligible households who have suffered financial hardship during the State of Emergency put in place to combat the spread of COVID-19.

ERMA will expand eligibility for rental and mortgage assistance to more low-income households who have been impacted by the crisis by adjusting the income threshold beyond the state's traditional Residential Assistance for Families in Transition program. This includes households within the 50-80 percent range of Area Median Income. Like the RAFT program, ERMA will provide up to $4,000 for eligible households to pay rent or mortgage payments in arrears going back to payments due April 1, 2020. Applicants can reach out to the 11 agencies that administer RAFT on the state's behalf, including the nine Housing Consumer Education Centers, as well as LHAND and the Central Massachusetts Housing Alliance.

Gov. Charlie Baker

Funding for the new program includes $10 million from the supplemental CDBG Coronavirus fund, part of the Coronavirus Aid, Relief, and Economic Security Act, in addition to other federal resources.

The Department of Housing and Community Development has drafted emergency regulations to protect tenants under the eviction and foreclosure moratorium, supported state-aided public housing and affordable housing operators with guidance, and worked with stakeholders across the state to coordinate resources.

Additional resources and information can be found on the department's COVID-19 Resource Page at mass.gov.

A healthy donation for the community

By Dalton Zbierski
Staff Writer

During the months that have encompassed the Covid-19 pandemic, the Food Bank of Western Massachusetts has been a pivotal resource for thousands of residents. The massive operation recently benefited from Stop & Shop's "Food for Friends" campaign to the tune of $42,442.

"We are proud of the strong relationship that Stop & Shop and the Food Bank has forged over the past 30 years," said Maura O'Brien, the grocer chain's manager of external communications and community relations. "For every dollar donated, the Food Bank is able to provide the equivalent of four meals to those in need. This donation will allow the Food Bank to provide 170,000 meals across our communities."

Located in Hadley, the Food Bank is a critical meal source for dozens of food pantries and distribution programs spread across Western Massachusetts. Lillian Baulding serves as Communications and Engagement Officer for the Food Bank; she explained how the operation works.

"We partner with food pantries and meal sites in the region and provide food that they, in turn, can distribute to their clients. The food will also go out through our Mobile Food Bank program. We distribute in food deserts in the region with Stop & Shop's support. We provide free foods in various locations throughout all four counties of the region," said Baulding.

Supermarket chain Stop & Shop recently made a donation of more than $42,000 to the Food Bank of Western Massachusetts. *FILE PHOTO*

Over the course of three decades, Stop & Shop's donations have enabled the Food Bank to purchase millions of meals. As the economy succumbs to one of the country's worst pandemics, and unemployment rates soar, Stop & Shop's contributions are taking on new significance.

"Stop & Shop is committed to eradicating hunger in the communities we serve. Across the Northeast, we work year round to support our regional food bank partners, local food pantries, and schools in need to provide assistance to members of our community who are food insecure," said O'Brien.

As a result of this year's "Food for Friends" campaign, Stop & Shop donated over $1.3 million to facilities in Massachusetts, Rhode Island, Connecticut, New York and New Jersey. Baulding commended the business for its unwavering dedication to the community.

"Stop & Shop has been a long-time supporter of the Food Bank. They've been very philanthropic in terms of how they do relieve food insecurity in the region," she said. "Aside from this donation, through the Stop & Shop Family Foundation, they also support our Mobile Food Bank initiative. They're also the sponsors for our annual "Will Bike 4 Food" cycling event. They've been so supportive and we can't thank them enough for this donation as well as their ongoing support."

Locally, the Neighbors Helping Neighbors Food Pantry in South Hadley is heavily reliant on the Food Bank. Baulding further described the nature of the Food Bank and cleared up several common misconceptions.

"A lot of times people don't understand the difference between a food bank and a food pantry. Just as a regular bank gives out money to people, the food bank distributes food to our members, who in turn distribute it to their clients. A lot of people when they come to visit the warehouse for the first time are blown away by how big the operation really is," said Baulding.

For more information on the Food Bank, one can visit foodbankwma.org.

Tourism councils launch statewide billboard campaign

BOSTON – Beginning this month, commuters throughout the commonwealth will see "postcards of love" from the state's tourism destination. For the next three months, digital billboards and MBTA stations will display "With Love From" messages from the tourism regions of Massachusetts.

The billboard campaign is part of an initiative developed by the state's Regional Tourism Councils, including the Greater Springfield Convention and Visitors Bureau, to help restart the industry as the state reopens and to remind folks they can be a tourist from home.

"At the same moment Gov. [Charlie] Baker declared a state of emergency on March 10, the 16 Regional Tourism Council directors were meeting in Boston," said Ann Marie Casey, co-chair of MA RTCs. "It was immediately evident to us that the damage to the tourism industry was going to be historic and we needed to plan for the day we could reopen."

A marketing subcommittee of the councils quickly convened, reviewed the emerging research, committed funding and produced the "With Love From" theme with a new SpiritofMa.com landing page. The billboards will lead to a landing page where visitors may choose a region of interest and click through to destination websites for regional updates and travel information.

"During these challenging times, we applaud this unified effort to market the commonwealth as an ideal place to vacation when the time is right," said Keiko Orrall, executive director of the Massachusetts Office of Travel and Tourism.

Recent traveler sentiment surveys suggest that folks will travel close to home and will look for accommodations, dining and activities outdoors that are attesting to safety guidelines. Travel and tourism is one of Massachusetts' key industries, accounting for nearly $24.2 billion in direct spending in 2018 and generating $1.6 billion in state and local taxes. The "With Love From" campaign reminds Massachusetts residents that the travel industry is open and safely caring for guests, and that its family and neighbors who work in the tourism industry are looking forward to going back to work. To see images of the billboards and landing page, visit SpiritofMa.com.

Cumberland Farms to support DAV with July campaign

Now through July 31, customers throughout Hampden County will have the opportunity to make a donation to the Disabled American Veterans as they check out at the register of their local Cumberland Farms.

The campaign seeks to raise in excess of $250,000 for the DAV, which serves more than 1 million veterans each year. Proceeds will help the DAV ensure that injured and ill veterans are able to access to full range of benefits available to them through their service. In addition to the collection, stores will also offer a free cup of coffee to all service members and veterans as a "thank you" for their sacrifices.

"We know many of our team members and guests are veterans and believe it is important to recognize and give back to those who have served our country," said George Fournier, president of EG America, parent company of Cumberland Farms. "Partnering with DAV gives our store teams a collective purpose and allows them to connect with the communities where they live and work in a meaningful way."

SCHOOL from page 1

gelica Infante-Green announced last month that students in the state will return to remote learning on days in which winter weather is forecasted. While they'll still spend snow days at home, school will now come before sledding for Rhode Island youths.

Superintendent Lynn Clark stated that she has not heard any discussion about the policy being adopted in the commonwealth. She noted that several Massachusetts districts facilitated "Blizzard Bag" programs in the past, but the Department of Elementary and Secondary Education disallowed the policy last fall.

"At the start of this past year, they said it would be the last year that they would allow for that," said Clark. "Has that changed at all since we've dabbled in remote learning? I'm not sure. Truthfully, I don't think right now it's being talked about. I foresee it coming up at some point, but we are not at that point in Massachusetts. I watched the DESI board meeting this morning, and it was not mentioned."

Sandra Peret, Ward 4 representative, is on-board with the idea of converting snow days into remote learning days. She offered her perspective on the benefits of adopting such a policy.

"That certainly would be something to consider in the future based on the fact that it's been in use right now, and everything is moving along even in health care in terms of assessments of patients. Everything is progressing to that remote aspect of things. Good or bad, it offers an alternative to our students, especially on snow days," said Peret.

Ward 1 representative James Tanhauser was in agreement with Costello and Peret. He explained his belief that the Covid-19 crisis has forced Americans to think outside of the box.

"I think that, especially with the pandemic going on, we're learning that remote learning may be something we never have to use again, but it's something to always be prepared for. Once it comes up, if you start to prepare then, it's too late," said Tanhauser.

He continued on, adding that the pandemic has taught valuable lessons to many of us. On the other side of the virus, Tanhauser believes that society will be better equipped to function, as he related the concept to snow days.

"The pandemic isn't good, but the reality check that we've had has been good. We're now going into this remote learning experience saying, 'This is realistic.' This is beneficial and something that we should definitely expand on as far as the state guidelines allow us to," he said.

Dalton Zbierski is a staff writer and can be reached at dzbierski@turley.com.

GUEST COLUMN

A letter to MA Congressional delegation

By Chief Jeff W. Farnsworth
Guest Columnist

Ladies and Gentlemen: The leadership of the Massachusetts Chiefs of Police Association (MCOPA) respectfully requests to the opportunity to meet with you concerning recent events involving policing in our state and across country.

Recently we have met with the elected and appointed leadership here in Massachusetts, to include the Secretary of Public Safety, the Speaker of the House and the Senate President as well as the Black and Latino Caucus, to discuss their immediate concerns pertaining to such issues as: the implementation of a Peace Officers Standards and Training (POST), possible certification and decertification of police officers, banning the use of chokeholds and the affirmative duty to intervene and report by other officers in cases perceived excessive force, so-called de-funding (reprogramming) police budget movements, elimination of "no knock" warrants, elimination of police K-9 programs, elimination of school resource officers (SROs), bans on the use of Tasers, pepper spray and riot suppression devices, citizen review boards, community policing, and many more. These conversations have been very productive both for us as well as our elected and appointed officials. It has resulted in a formidable spirit of cooperation and an ongoing effort to actively participate in any proposed changes that may be taking place at the State level to the profession that we hold so dear.

It is our understanding that a variety of police reform proposals were offered, and votes have been held, in both the United States House of Representatives and in the Senate. Unfortunately, many of you have been directly involved in these votes yet, much to our surprise and disappointment and to the best of our knowledge there has been little to no communication or any valued input from any of the police leaders here in Massachusetts. This is concerning to say the least.

As the police leaders and constituents in the communities that each of you represent, we are very knowledgeable of our policing profession as it applies to the Commonwealth of Massachusetts and are deeply troubled by the lack of outreach and communication on such an important high-profile subject. We can assure you; no one is more interested in maintaining a high level of professional policing standards in our state, more than we are.

Demonization

Unfortunately, like other professions, we have a small percentage of individuals within our ranks, who should not be police officers. The Police Chiefs and Police Commissioners are totally invested in ensuring highest level of transparency and accountability and identifying those rogue or misguided officers and through proper comprehensive investigations separating them from their service as police officers.

See LETTER page 7

Letters to the Editor

Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

Send letters to: The Chicopee Register,
24 Water Street, Palmer, MA 01069
or email chicopeeregister@turley.com.
The deadline for submissions is Friday at noon.

GUEST COLUMN

Joan E. B. Coombs

What it something that was said?

More often than not, normal conversations are back-and-forth discussions. The dialogue is often productive and meaningful. In lonely contrast, a monologue is usually described as a single statement spoken by one person.

Apparently spoken words can actually enhance different situations and there's no two ways about it.

Perhaps you've heard the expression, "A one way conversation is for the birds." True. It's hard to listen for an answer when talking to birds, or talking to yourself. Yet, I must admit, that the only bird that I've heard talk was in my earliest years on Planet Earth. The wordy birdy was Pete, our blue and yellow parakeet. And, the extent of his repeated vocabulary was "pretty boy."

However, in our cozy, little corner of the world, the conversations are still continuing about and with our home's entrance-light-nested, parenting barn swallows. Their lifestyles are domestically and aeronautically impressive. During the day they swoop and scoop for insects from God's nourishing ground. At night they settle over newly-hatched nestlings for a summer time snooze.

The stop and chat conversations, from Barn Swallow parents to persons, is still ongoing! So, whenever we go outside to the car, there's a protocol.

Tap. Tap.We rap on our inside door before leaving to warn them, so that the little nestlings aren't startled. Then the parents dart from their nest. As we walk toward the car, they soar in overhead flight patterns, performing and showing off their soaring skills with wide-spread wings they flaunt their forked tails. After zooming in for a touchdown landing on our white- globe lawn lantern, they perch only feet from us, looking in our direction, they wait with un-baited breath for our greetings.

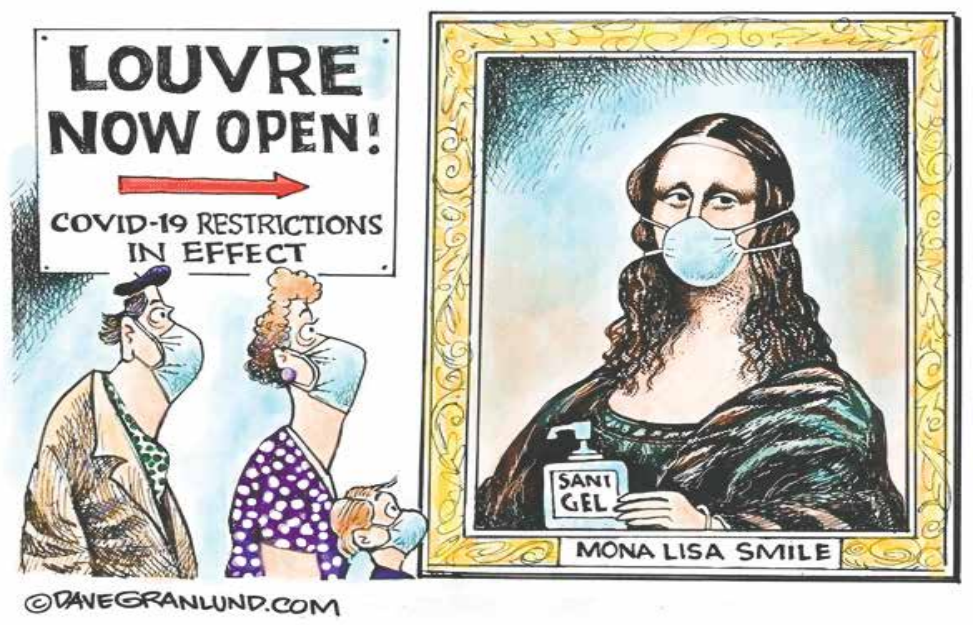
"WELL, HELLO! How's your day going?"

Each barn swallow stands on spindle legs, with titled heads — as if attentive to our cheerful, soft- spoken words. As our conversation ensues, they reply by fluffing their feathers. When our bird-to-human dialogue is over, after getting into our car and looking back — they are still there watching our every move.

Also, other home-turf conversations are said to be beneficial. In fact, since the mid 1800s there's a theory that talking to plants is one of the ways to help them grow. (Now that's a down-to-earth monologue for sure. Yes. I've certainly had words with outdoor plants, mainly asking, "Please grow enough to crowd out the weeds.")

Other times I've conversed well by whispering sweet somethings to my indoor plants. "Goodness! You look a little dry today!" So, I gushed water over them. (Although I talked often to my house plants, it remains a mystery why most of them went to "plant heaven.")

Whether it's those earlier talks to plants — or if it's these recent chats with barn swallows, (even if one-way conversations) — do you suppose it was because of something that was said?



Rabbits, rabbits and more rabbits

IN THE GARDEN

ROBERTA MCQUAID
TURLEY PUBLICATIONS COLUMNIST

Dorothy from South Hadley has a bunny problem! She has asked for some advice and I have the perfect column waiting in the archives. I have written on this subject before and will probably be moved to write about it again sometime in the future. Here is it is and it's worth a chuckle.

Rabbits have chomped on the chard, crunched on the carrots and bitten the beets, the broccoli and beans. Despite what I said in articles past, they have even mowed the marigolds… down to nothing. Yes, that one bunny of two summers ago, somehow, as rabbits would, had amazingly turned into four by early summer, last season. Then, as if a miracle happened in my own yard, all but one disappeared. We went into the winter watching a lone rabbit, grazing at dusk and dawn on the clover in the back yard. Ah, how pretty.

Fast forward to this spring. At last count, we have six rabbits in all areas of the landscape. We play a game on the back porch only to be interrupted by the kids shouting: "Look, a bunny!" Over and over again. We go out the front door and spook one in the flower garden. They taunt me as I hang the laundry. Not even the sprinkler sends them running anymore! As my husband jokingly offers up all sorts of ways to disperse them, I think about the tactics that have worked in the past.

Back at the old house I never had a problem with rabbits in my garden until after the dog died. It would be safe to assume that "the marking of his territory" had something to do with keeping the bunnies at bay. Outside of dog urine, there are lots of other deterrents out there that folks swear by. One is dried blood. The smell signals danger. To be effective it must be reapplied each week as well as after it rains. You can either sprinkle a narrow band around the perimeter of the border or place containers of it in the garden. Dried blood is a nitrogen fertilizer and is

See GARDEN page xx

WE CARE ABOUT YOUR NEWS!

The Chicopee Register welcomes submissions of news in or related to Chicopee and its residents. Our "People News," is filled with submitted engagement announcements, wedding announcements, birth announcements, your new baby or news about your 25th or 50th anniversary celebrations. Please e-mail correspondence along with a photo to chicopeeregister@turley.com or send it to: Chicopee Register, c/o Turley Publications, 24 Water Street, Palmer, MA 01069.

Chicopee Register

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PATRICK H. TURLEY
CEO

KEITH TURLEY
President

EDITOR
Tyler Witkop
chicopeeregister@turley.com

STAFF WRITER
Dalton Zbierski
dzbierski@turley.com

ADVERTISING SALES
Wendy Delcamp
wdelcamp@turley.com

SPORTS EDITOR
Greg Scibelli
sports@turley.com

SOCIAL MEDIA
@ Chicopee Register

WEB
www.chicopeeregister.turley.com

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Editor
Tyler Witkop
chicopeeregister@turley.com

WEB
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LETTER from page 6

We firmly believe that the negative actions of but a few, should not call into question the great work done by the men of women of law enforcement each and every day.

We are also deeply concerned about what appears to be the continued demonization of our profession by many of our elected officials both across the country and here at home. Police officers continue to be painted with a wide broad brush, labeled as racists who regularly kill unarmed minorities and people from protected classes. All the available data does not support this claim (especially in Massachusetts) and yet to the best of our knowledge, there are some members of the delegation that have continued to add to this false narrative for what we can only see as playing to electorate base. To the extent that our collective voices have any weight on this important subject we respectfully request that you give some deference to our positions on this subject before making any uninformed assumptions and statements that only serve to widen any existing divide.

Only recently, many of you supported the Hero's Act, to honor law enforcement, and other first responders and frontline workers, for our dedicated and committed service during the COVID-19 pandemic. Now, with the tragic public murder of Mr. Floyd on Memorial Day in Minneapolis by certain Police Officers that were all immediately denounced by the leadership of police chiefs and officers across the state of Massachusetts, somehow police officers here in our state and across the country have been identified as all that is wrong with society as it pertains to systemic racism. To say that an incredible level of shock, disappointment, disgust, isolation and abandonment have set in with our rank and file personnel is an absolute understatement.

Somewhere, somehow, someway somebody clicked a switch and the social ills of society now have one singular root cause – the police.

Feel Abandoned

Our officers have responded to multiple violent protests, rallies, marches and demonstrations over the last month here in the Commonwealth. While these have all been titled publicly as "mainly peaceful", the reality is that many officers have been violently assaulted by bricks, fireworks, Molotov cocktails, bottles of urine, water bottles and other dangerous objects.

Bystanders have also been assaulted and injured, businesses and statues vandalized, and other personal and public property has been destroyed – all with little to no ramifications or consequences to those responsible to date.

Despite the unprecedented level of civil unrest, police officers are still called upon each and every day to respond to and investigate incidents of criminal and non-criminal activity. The men and women on the frontline continue to engage with our community members in an extremely positive fashion and perform their duties and responsibilities with the utmost level of professionalism and candor under what have been some incredibly trying and difficult circumstances.

We feel the need to reach out at this juncture. At the expense of sounding blunt we feel as if we have been abandoned by our federal delegation here at home for reasons for which we do not have the answers and we would like that change that negative perception. We need your help and assistance to communicate and message the great work that police officers do for all the residents and visitors here in Massachusetts on a daily basis.

Therefore, we would like to meet with you, either in person or virtually, as soon as possible to discuss what we have mentioned here in this communication. It is extremely important for all of us to hear your concerns, ideas and questions as well as for you to hear ours. We would hope by meeting together, we may reach a common understanding of the proposed police reforms and how policing is and how it should be done moving forward, particularly in Massachusetts.

If this is something that would be agreeable to each of you, please contact our office in Grafton as soon as possible and we will schedule a meeting as soon as is practical for all of us.

We truly thank you in advance for your consideration, time and attention on this extremely

important and time sensitive matter.

Jeff W. Farnsworth is police chief for the town of Hampden and president of the Massachusetts Chiefs of Police Association.

GARDEN from page 6

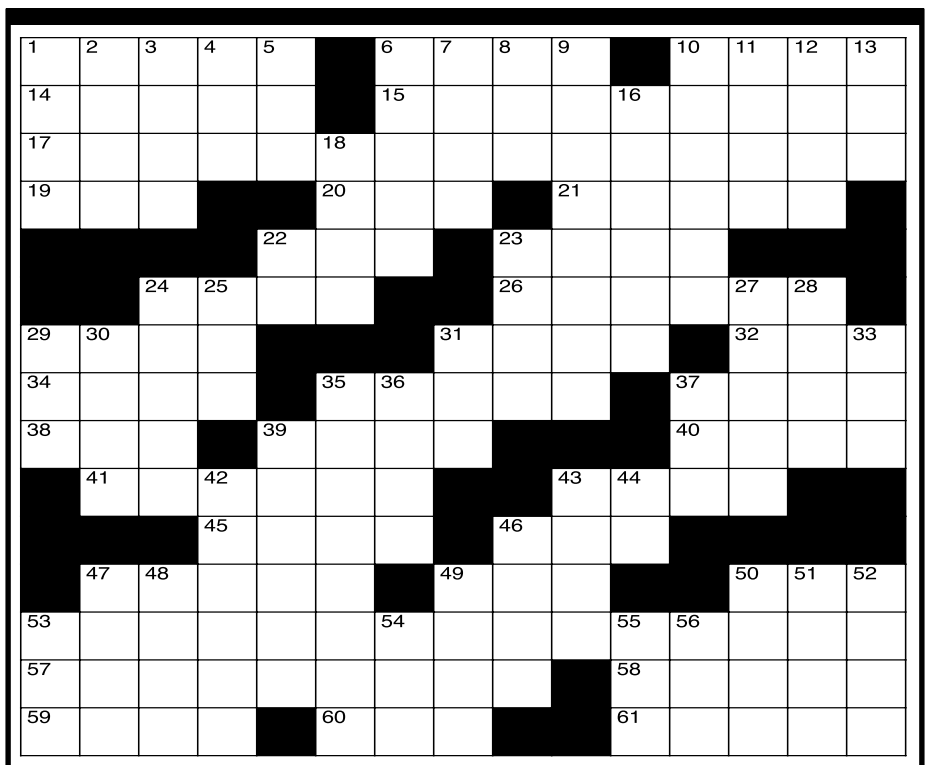
available at most garden centers. It will burn sensitive plants if applied directly on top of them, so sprinkle it a few inches away from the base. Along the same line would be ammonia sprays. I have also heard of different home brews that you may, or may not want to whip up in your blender. One consists of garlic, hot peppers and marigold (Ha!) leaves; maybe this combination would work better than the other tactics already tried. Again, these would need to be replenished periodically.

A less attractive but better option to control rabbits would be to install a wire fence. It should be at least three feet tall and dug into the ground four inches or more. Be sure that the fence is fine enough so that the rabbit's head won't fit through the holes as the unfortunate rabbit that is able to fit his head may think that the rest of his body will follow suit. When it doesn't, panic ensues and the result is not something I would want anyone to find in his or her garden a day later. Just ask my husband.

Rabbits will eat almost anything except for prickly plants, hairy plants and strong-smelling/tasting plants. For prickly plants think globe thistle (echinops ritro); blue globes bloom in early July. Sea holly (eryngium maritimum) is another similar plant. As far as hairy plants go, rudbeckias would top the list. Black-eyed susan (R. hirta) is one of the most common members of this genus. Two of my favorite cultivars are the extra-large flowered "Indian summer" and the lime green disked "Irish eyes"- both untouched in my garden. Strong-smelling/tasting plants include bee balm (monarda didyma), catmint (nepeta racemosa), yarrow (achillea millefolium) and garlic and onions among others. In fact I read of one gardener having great success keeping rabbits away from her flowering plants by planting a living fence of garlic in between them. This summer, when it came time to clip the scapes off of my garlic plants, I collected the stems and dispersed them in and amongst the broccoli. It worked for a time being, probably as long as the scapes held their stink.

The best solution for us would be a fence or two. Until then, if you hear "Go!" and "Get outa here!" coming from my house, you'll know why!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.



CLUES ACROSS
1. Cyprinids
6. Icelandic literary works
10. Break in half
14. Japanese mushroom
15. Have offspring
17. Not feeling well
19. A very large body of water
20. Witch
21. Behemoth
22. Speak negatively of
23. Absence of difficulty
24. Pampering places
26. Drives
29. Truck that delivers beer
31. Makes
32. A team's best pitcher
34. __ Carvey, comedian
35. Seas
37. S. American plants
38. Time zone
39. Deviate
40. No longer are
41. Moving in slowly
43. Patrick and Glover are two
45. Living quarters
46. Taxi
47. Pancake made of buckwheat flour
49. Swiss river
50. Not happy
53. Have surgery
57. Formal withdrawal
58. Give way to anxiety
59. Greek war god
60. 2K lbs.
61. Word of farewell

CLUES DOWN
1. __ ex Machina
2. WWII diarist Frank
3. Concluding passage
4. Supplement with difficulty
5. Title of respect
6. Cubic measures
7. Remnant
8. __ Jones
9. Salts of acetic acid
10. Long, upholstered seat
11. Capital of Okinawa Prefecture
12. A one-time aspect of Egyptian sun god Ra
13. Prefix denoting "in a"
16. Propels upward
18. What we are talking about
22. Prosecutor
23. Employee stock ownership plan
24. He brings kids presents
25. Burmese monetary unit
27. Hurries
28. Injury remnant
29. Tooth caregiver
30. Elvis backup singer Betty Jane
31. "The Partridge Family" actress Susan
33. Midway between east and southeast
35. Most excellent
36. Heat units
37. Possess legally
39. Food items
42. Skeletal structures
43. Challenge to do something bold
44. Blood type
46. Sammy __, songwriter
47. Farmer (Dutch)
48. Clare Booth __, American writer
49. Piers Anthony's protagonist
50. Malaysian coastal city
51. Hairstyle
52. NY-based department store
53. Geosciences organization (abbr.)
54. Brazilian city
55. Niger-Congo languages
56. Gesture

CROSSWORD SOLUTION ON PAGE 13

Dear Parents and Patients of Ludlow Pediatrics;

I would like to spread the joy in welcoming two new providers to Ludlow Pediatrics, Rachel Mick, CPNP and Rebecca Lebel, CPNP. Rachel and Becky are two highly skilled Certified Pediatric Nurse Practitioners who carry the same philosophy of caring for children and families that I have. I have watched them for the past several weeks and they are truly excellent. You will enjoy seeing them as much as myself. Why nurse practitioners? Actually, that is an easy question to answer! They spent many years to train as nurses first before becoming practitioners and know how to listen and address your concerns with the utmost professional compassion. With all that caring knowledge they will certainly make you feel well cared for. Now, with three providers available in our office we can spend a little more time and not be rushed. We aim for quality patient services here at Ludlow Pediatrics and do not rush to see 30 patients per day as other practices do. For those of you who know me, and now us, we like to spend a little extra time with patients to get to know you and answer your questions. We wish we could spend longer, but we do have other patients to see. I apologize that sometimes there is a wait, but sometimes a patient/parent needs extra time for a serious problem, please be patient with us as we want to see you and there may be a day that you need some extra time. I assure you; the wait is well worth your time as you will be highly pleased with your care here in our family centered atmosphere. Our goal is to provide up to date medical care as we always have and though we may not be the biggest medical practice, you will not get better care anywhere else! We have successfully completed our first year with our new EMR, the only person who had trouble with it was me, but we have worked out a lot of the kinks. Please visit our website at www.LudlowPeds.com. Read some of the interesting articles that are posted, see some of our patients, if you want your child's photo there just ask, no names, or visit Ludlow Pediatrics on Facebook and scroll through years of helpful articles from Newborn info, Chores, Bribes vs Rewards, How to Run a Timeout Properly, Vegetables and many more.

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Your Kids are Our Kids Too!

O'Donnell earns Dean's List

BEVERLY – Endicott College, recently announced its spring 2019 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.50, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Erin O'Donnell, of Chicopee, achieved the honor.

Chicopee students earn honors at American International College

SPRINGFIELD – American International College recently named 686 students to the spring 2020 Dean's List. Dean's List students are full time students who have achieved a 3.30 to 4.0 GPA.

They are Samantha Bishop, Alicia Boulanger-Moore, Andrew Boyer, Nicholas Brown, Iris Correa Berly, Michael Cruz, Thalia De La Rosa, Melissa Feilen, Brianna Fontaine, Kristen Foster, Mustafa Hamid, Myles Hemingway, Jessica Heredia, Brett James, Stephanie Kaczmarczyk, Meghan Kalbaugh, Corrina King, Landon Larochelle, Parris Leary, Daniel Marchia, Michele McAuliffe, Giovanni Paz, Rebekah Schultzki, John Serrano Colondres, Aamna Shahid, Kelly Shea, Kacie Smith, Juan Torres, Yahelis Viana Diaz and Kayla Wegrzyn.

Additionally, the college conferred degrees to several residents this spring. They are Nicholas Brown, Thalia De La Rosa, Myles Hemingway, Brett James, Parris Leary, Jennifer Maloney, Daniel Marchia, Michele McAuliffe, Rebekah Schultzki, John Serrano Colondres and Juan Torres.

Quinnipiac names Dean's List

HAMDEN, Conn. – Quinnipiac University recently named its Dean's List for the spring 2020 semester. From Chicopee are Victoria Dazblaz and Hope Gauthier.

Additionally, the university announced Chicopee's Samantha Sawicki received her bachelor of science degree in SMIC.

Adelphi University names Dean's List

GARDEN CITY, N.Y. – Nicole Julian of Chicopee was among a select group of outstanding spring 2020 Dean's List at Adelphi University.

The Dean's List includes full-time students registered for 12 or more credits who have completed at least 9 graded credits and achieved a GPA of 3.50 or above for the semester. This recognition becomes part of the student's academic record and is entered into the individual's transcript.

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SOFTBALL

Lady Colts had quartet of strong seniors

CHICOPEE – The Chicopee Comprehensive High School softball team has had some struggles making tournament in the past few seasons, but were set to be led by four seniors that would have given them the opportunity to compete this year. Coach Kelly Walsh said versatility was a key factor for the group, which includes Caroline Pycko, Kelsey Bennett, Abigail Nadeau and Melocy Alcantara. "This year's seniors are the poster children for teamwork," she said. "Over the past four years these ladies have been asked to play many different positions and fill many roles to make our team successful. Each senior has tried no less than three different positions on the field, and led by example and a determination to make an impact any way they could."

Kelsey Bennett fields a grounder to short during action last year.

Caroline Pycko makes the throw to first.

FILE PHOTOS

PVSSL delayed

REGION – The Pioneer Valley Summer Soccer League released a quick update at the beginning of the week in conjunction with Phase 3. League co-commissioner Dianna Kolodziey said the league is still waiting for some guidance from the state before engaging in actual games. The league is hoping to begin as soon as possible once it receives that guidance from the state. For updates, you can also go to www.pioneervalleysummersoccerleague.com.

BASEBALL

Quabbin Valley League calls off 2020 season

By Gregory A. Scibelli
gscibelli@turley.com

EASTHAMPTON – While some leagues are looking to start up play in Phase 3, one league will not be anymore.

The Quabbin Valley Over-30 Baseball League announced over the weekend that despite being scheduled to begin an eight-week season on July 12, the league was closing for at least the 2020 season.

The league has historically had six teams made up of 14-player rosters. The league recently changed its rules to allow players who are 28 and over, with the caveat that you must over 30 to pitch in the league.

There is a portion of the league's players that 45 or older, and that had led some players to decline to play due to concerns over the coronavirus pandemic. Other players who opted out of the season for various reasons, including having pregnant wives, or other personal situations that dictated they not play this season.

When those tallies were taken, Quabbin League President Eric Castonguay posted on the league website that the league was set to begin the season with just five of its

See QUABBIN page 10

GYMS

Distancing, disinfecting paramount for return to gyms

By Gregory A. Scibelli
gscibelli@turley.com

REGION – For Western and Central Massachusetts, the return of recreational and organized sports has been long awaited, but it is not clear just how much of a return to action there will be.

Phase 3 of the Massachusetts re-opening plan has began on Monday and the big difference between that and Phase 2 was the ability to for teams and leagues to transition from having practices to having actual contests.

Included in Phase 3 is also the ability to have limited crowds for youth sports. Adult leagues have the ability to also activate, with some baseball leagues set to begin play this week.

Also for sports enthusiasts, gym and fitness centers can also open with limited capacity and several guidelines.

Here are some helpful tips for you if you are returning to work out at your local gym.

Various equipment in gym must be at least 14 feet apart unless there is plexiglass or other physical barriers placed between the equipment. If that happens, the equipment need only be six feet apart. Equipment affected includes weights, machines, treadmills, and bikes.

The face covering rule is modified slightly.

If possible, those working out should wear a face mask. However, if the strenuous activity a participant is doing requires them to take the mask off, they must remain 14 feet away from others. When wearing a face mask, normal six feet social distancing is advised.

"Circuit training," the use of multiple machines, is discouraged and should be limited. Customers should be trying to use just one piece of equipment at a time.

See GYMS page 10

Lutz scores Tri-Track Open Modified Series win

WINCHESTER, N.H. — Craig Lutz used a bump-and-run in the final corner to earn a $6,000 payday in the Tri Track Open Modified Series season opener at Monadnock Speedway on Sunday night. Lutz, who was making his debut in the series, started off the day by not qualifying through his heat race, but rebounded in the consi, winning the 15-lap dash to lock himself into the stacked field of talent.

He started outside the top-20, but slowly worked his way through the field to the front for the final dash to the finish. On a restart with five laps to go, Lutz, who took the green in third, got clear to second. He started making his charge to Hinckley, and entering the final corner, Lutz used the front bumper of the No. 46 Riverhead Building Supply Modified to slide Hinckley up the track and come out on top in a dash to the line.

"It's Modified racing," Lutz said. "You have to understand that I'm going for the win, he's going for the win. He's hanging on for dear life. I gave him a little tap that he wasn't expecting and I was able to open up the bottom. We both finished, he still finished second."

Hinckley, who did cross second, wasn't happy with the way Lutz drove him in the final corner. Hinckley was looking for his first career Tri Track Open Modified Series win, something he will have to wait a bit more longer to accomplish.

"I've passed a lot of cars here on the outside and I've never driven through anyone like that," Hinckley said. "That was his only shot. He wasn't faster than me, he didn't have a shot to drive around me. He didn't have any turns left to get it done in. That was his move — not lift, drive me through the corner, and as I got out of the groove, he would drive by me."

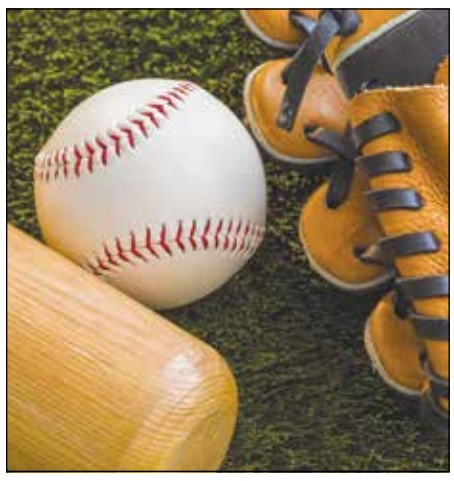
Track Modified regular Ben Byrne was third at the finish, followed by Ron Silk, Chase Dowling, Matt Kimball, Matt Hirschman, Woody Pitkat, Ronnie Williams and Matt Swanson. The Tri Track Open Modified Series will have a full race report from Sunday's event on Monday.

The next stop for the Tri Track Open Modified Series 2020 season will take competitors to Star Speedway in Epping, New Hampshire, on Saturday, July 25, for the annual SBM event.

For more information on the Tri Track Open Modified Series, fans should visit tritrackmodifieds.com and follow the series on social media.

RESULTS: TRI TRACK OPEN MODIFIED SERIES: MONADNOCK SPEEDWAY: JULY 5, 2020:

1. Craig Lutz
2. Les Hinckley
3. Ben Byrne
4. Ron Silk
5. Chase Dowling
6. Matt Kimball
7. Matt Hirschman
8. Woody Pitkat
9. Ronnie Williams
10. Matt Swanson
11. Dave Sapienza
12. Brian Robie
13. Ryan Doucette
14. Jeff Gallup
15. Austin Kochenash
16. Kurt Vigeant
17. Jacob Perry
18. Blake Barney
19. Andy Jankowiak
20. Derek Robbie
21. Kirk Alexander
22. Joey Cipriano
23. Tommy Barrett
24. Cameron Sontag
25. Anthony Nocella
26. Anthony Sesely
27. Sam Rameau
28. TJ Bleau



QUABBIN from page 9

normal six teams.

"We were going to have five teams and just have each team take a bye week," said Castonguay.

The league even began opening registration back up and collecting league fees before it had to shut it back down.

Castonguay said two more of the teams informed the league four days after registration had re-opened that it would not have enough players to field teams. Signups were not full enough in order to be able to backfill the other teams or even make four teams, prompting the league to post this message to its players and prospective players on Sunday morning.

"Registration for the Quabbin Valley Baseball League is closed until the 2021 Season. Due to the COVID-19 outbreak, the league has been compelled to cancel the 2020 season entirely. We would expect and hope that the 2021 season would revert to our normal format, with at least 6 teams in a full season starting at the end of April. As to 2020 league fees, unless any players wish to have a refund, fees will be credited to the 2021 season."

Castonguay said the full year off and the various concerns with the coronavirus make it hard to predict how things will be next year, and he could not comment on how the 2021 season will look other than to hope the league will return with its full complement of teams.

The league typically played its games in Easthampton's Nonotuck Park, with games in Agawam, South Hadley, Belchertown, and Monson in recent years. The league featured a football-style playoff format where all six teams were granted playoffs games, The first two seeds would receive byes with the semifinals featuring 3 vs. 6 and 4 vs. 5 and the winners heading to play the top two seeds the following week.

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For those who are into classes such as spinning, yoga, or Zumba, gyms are allowed to have them, but are still encouraging classes to be held outdoors whenever possible.

Gyms are only allowed to utilize 40 percent of its occupancy on record. There must be signage and other visual advisories letting people know how equipment should be accessed.

Lunch and break times should be staggered for works to keep too many people out of one place.

All equipment must be sanitized between uses. Customers should not return equipment like weights to racks or containers without sanitizing it.

If you are working with a personal trainer, that trainer has to maintain social distancing and minimize close contact.

Another big thing gyms must do is allow 30 minutes between fitness classes to allow for thorough cleaning of those spaces.

Like many other businesses. If a gym has a worker, customer, or vendor with a positive test, the facility should be shut down for at least 24 hours for a full cleaning and disinfecting.

Various gyms will have other individual rules depending on the space. But the basics need to be followed by all in order to maintain smooth workouts for participants.

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Nobody dreams of having multiple sclerosis

Some dreams are universal: hitting a ball over the Green Monster; winning the World Series with a grand slam in the bottom of the ninth inning. Finding out you have have MS is not one of them.

Multiple sclerosis is a devastating disease of the central nervous system where the body's immune system attacks the insulation surrounding the nerves. It strikes adults in the prime of life - and changes lives forever.

To help make the dream of ending MS come true, call 1-800-FIGHT MS or visit us online at nationalmsscociety.org.

MS
National Multiple Sclerosis Society

Valley Wheel still seeking players

REGION – The Valley Wheel Over-30 Baseball League is seeking new players for the upcoming 2020 season. The league is seeking players ages 28 and up. Players turning 28 this year are eligible. However, only players 30 and older can pitch. The league plays 15 regular season games with games being held mostly on Sundays with a couple of weekday games thrown in the mix as well as a special Mother's Day Saturday game in early May. However, due to the current circumstances, the league schedule has been pushed back. The league concluded tryouts, but is still looking for players for a shortened season, which was set to begin July 9. The league is built on comradery, fair play, and having a good time with friends. If interested in trying out, go to www.valleywheelbaseball.com. The rules of the league and new player forms can be found on the site. For further information, you can contact the league's commissioner, Jim Nason at wheel12@comcast.net or call him at (413) 433-4308. Again, new players are still needed for the abbreviated season.

All Bay State Games cancelled through July 26

REGION – All Bay State Games events originally scheduled for May 30 through July 26 will be cancelled in consideration for the health and well-being of all athletes, officials, coaches, medical staff, and volunteers. The challenges and uncertainty that COVID-19 has presented prevent the organization from appropriately planning, organizing, and producing events in 30 different sports this year.

This summer, Bay State Games was set to celebrate its 39th annual Summer Games. Due to multiple venue cancellations, the inability to conduct team sport tryouts in June, decisions by sport governing bodies to suspend competitions, medical committee concerns, as well as other factors, the Summer Games will not be able to proceed as scheduled.

"We are committed to the health and well-being of our constituents. It is of the utmost importance to keep everyone safe during these unprecedented times," says Executive Director, Kevin Cummings. "While this was a very difficult decision, we believe it is appropriate given the unprecedented impact this pandemic has had on everyone, as well as our ability to produce events this year."

Bay State Games remains hopeful that some events may proceed in the fall if and when it is safe to do so. The specific sport pages on the Bay State Games website will be updated with information as it becomes available. All athletes who have registered for the 2020 Summer Games will be refunded for their registration fee. If the sport you wish to compete in can be held in the fall of 2020, it will require a new registration.

For more information, please visit www.baystategames.org. Please direct all questions and inquiries to info@baystategames.org.

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across the country can find a way to do this, we can do it too," said McAullife. "I know that there are some members who are technologically disadvantaged that just don't have that skill set. That's why part of the legislation that I'm going to offer at the next meeting will request that we have work stations at City Hall in the Council Chambers for folks who have to come in."

McAuliffe acknowledged that the city is not legally obligated to facilitate public input at the beginning of municipal meetings but feels as though the privilege should be extended to all residents.

"Again, its going to take the commitment to making it happen. I'm hopeful going forward that my colleagues will see the value in it and will continue to adjust. We just need to be a lot quicker in doing that. Right now, we're in July; the pandemic hit in March. We've been meeting on a telephone line since then. That's got to change," said McAuliffe.

This is a testing time for us all

By Lee H. Hamilton
Guest columnist

A few weeks ago, The New York Times ran an article noting that with the U.S. preoccupied by the coronavirus pandemic, Black Lives Matter protests and massive unemployment, "its competitors are moving to fill the vacuum, and quickly."

Russia, China, North Korea, Iran… All are testing how far they can go, seeking to exploit our weaknesses and fill the vacuum they perceive in world leadership. Our allies, meanwhile, are expressing dismay at the U.S.'s inability to come to grips with the pandemic—symbolized most acutely by the prospect that Americans will be barred from traveling to a partially reopened Europe this summer—and at our withdrawal from world organizations, treaties, and involvement in places where we have traditionally been central to keeping the peace.

There are good reasons we have turned inward. As a nation, we have botched the response to the coronavirus, as its recent sharp upward trajectory illustrates. We are still feeling our way through the economic impact, with every likelihood that millions of people will be struggling for a long time. And, of course, street protests, concern about policing and turmoil over the nation's racial practices are preoccupying many people's attention.

Any one of these things would have been enough to try us as a country; all together make this a desperately difficult time. We've been through times like this in the past, and no doubt will again in the future, but at this moment, our mettle is being tested as it rarely has been.

Oddly, I find something bracing about this. Not long ago I was meeting with a group of young graduate students, who asked what troubled me most about the problems we confront, and the word that instantly came to mind was "complacency." As Americans, we have a tendency to feel that we've always come through hard times and always will. The result is often a sense that we can leave things to others: to our leaders, to our nonprofits, churches and community groups, to our more involved neighbors. We ourselves don't set out to do the things we know need to be done.

But here's the thing about a representative democracy like ours: it doesn't work unless citizens do their part—and I include our leaders in this. At its heart, it asks of us that we find a niche where we can improve things. It's disheartening to see recent polls that suggest huge percentages of Americans believe things in the country are out of control—80% of respondents in a recent NBC News/Wall St. Journal poll—but it's heartening to know there's something we can do about it: the country won't be out of control if each of us steps up to the challenges we see in our own neighborhoods and our nation.

I began my political career because I felt like I needed to do something to help my community in southern Indiana and didn't know where to start. So, I asked my precinct committeeman, who enlisted me to go door to door to try to get voters involved. That led eventually to Congress, and ultimately to a committee chairmanship trying to resolve some of the country's knottiest foreign affairs challenges. You never know where these things are going to lead.

My point in saying this is that we can all start somewhere. We are divided as a nation on political, economic, and racial lines. We face the existential challenge of climate change. Many of us on both the right and the left worry about a lack of moral perspective in how we approach our problems. All of these are ripe for actions that we, as individuals, can take. If you're white, for instance, how much time have you spent talking to Black people or Latinos about the hostility and difficulties they face? Making the effort to understand as best you can is an important step toward recognizing how deep-seated these problems are, and at the same time how they might be overcome.

This time of testing is an opportunity. It's a chance to shake off the complacency we'd settled into, and to exercise the gift that our system gives us: the ability to make a difference.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

Widow unsure about her social security benefits

By Russell Gloor
Guest columnist

SOCIAL SECURITY MATTERS

Dear Rusty: I am looking for information on my Social Security survivor benefits from my husband. I just turned 65 and have been collecting my Social Security widow's benefit since I was 60. Someone told me that I should take my own Social Security and half of my deceased husband's. I am not sure if that's what I should do. Should I stay as I am until age 70 and then look into this option? Is it even an option? I'm just not sure. I work part time because the widow's benefit just isn't enough to pay my bills. I know there must be others out there as unsure as I am. Signed: Unsure Widow

Dear Unsure Widow: It appears that you have been given some inconsistent information. If you are currently collecting a widow's benefit from your deceased husband and have been since you were 60- years-old, you cannot "take my own Social Security and half of my husband's." You only have two options now: to continue your current surviving widow's benefit (which was reduced because you claimed it before your full retirement age), or to claim your own Social Security retirement benefit if that is more.

If you are now collecting your survivor benefit (only), your benefit from your own work record is still growing. The key question is whether your own benefit from your own work record will ever be more than you are now collecting from your deceased husband as his widow. If your own Social Security retirement benefit will be more, you can switch to it whenever it has grown to be more than your current widow's benefit. Your own benefit will reach maximum at age 70, so never wait beyond that to claim it. But if your current survivor benefit as a widow is more than your own benefit will be at any age, you should simply stay on that widow's benefit.

The easiest way to find this information out is to request a Statement of Estimated Benefits from Social Security. That statement will show you the amounts you are due on your own at your full retirement age and also at age 70 (if you were born in 1955 your FRA is 66 plus 2 months). If either or both of those amounts are more than your widow's benefit, you can continue to collect your widow's benefit until it makes financial sense to switch to your own. To request your Benefits Statement, contact Social Security directly at 1-800-772-1213, or your local office (find it at www.ssa.gov/locator). You can also get this online if you have a "my Social Security" account, and which you can create at www.ssa.gov/myaccount.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.

CHICOPEE CITY COUNCIL ZONING COMMITTEE LEGAL NOTICE

The Zoning Committee of the Chicopee City Council will hold a public hearing W**ednesday, July 29, 2020 at 6:30 PM*** in the Council Chambers, 4th floor, City Hall Annex, 274 Front Street, Chicopee, MA 01013 to discuss the following:

Zone Change application from Business A to Residential C for 1,082 square feet of property located at the rear of the 38-52 Front St. for the purpose of eliminating mixed zoning and bringing all the property into conformity with its use. Applicant – Attorney Ronald R. LaRocque for Angelo Scuderi, Manager, 641 Grattan St., Chicopee, MA 01020.

Special Permit application under section 275-23 & 275-54 C for the purpose of rehabilitating an existing six (6) family residential building that was damaged by fire; to address non-conformities with zoning and building codes for a building in a historical district; requesting relief from the following ordinances:

• From Section 275-23 requiring restoration to be complete within 12 months. The petitioner was delayed by insurance claim issues, legal issues involving tenant possessions and access to the damaged building, and building code enforcements.

• From Section 275-D(1) (c) Multi-family dwellings from 30,000 SF to 19,199 SF

• From Section 275-D (3) (2) Front yard setback from 20 feet to 7.5 feet (average)

• From Section 275-D (3) (c) Rear yard setback from 30 feet to 10 feet (average)

• From Section 275-D (3) (5) Depth from 200 feet to 91.6 feet (average)

• From Section 275-D (8) Side yard from 20 feet to 6.5 feet (average)

Located at 38-52 Front St.

Applicant: Angelo Scuderi, Manager of CDM Properties, LLC, 73 East Street, Ludlow, MA 01056

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

***COVID-19:** Pursuant to the Governor's Order Suspending Certain Provisions of the Open Meeting Law, MGL c. 30A due to the novel Coronavirus outbreak, the July 29, 2020 Zoning Committee hearing shall be physically closed to the public. As required, alternative public access to this hearing shall be provided in the following manner: The hearing will be conducted via teleconference (Zoom). Anyone wishing to participate remotely shall, as soon as reasonably possible prior to the hearing, provide notice to the Office of the City Council by calling (413) 594-1435 M-F 8:30 AM – 5 PM or by email at aczarniecki@chicopeema.gov. Those giving such notice will need to identify the public hearing and provide their name, address and contact phone number to minimize the potential for zoom bombing of the meeting. At the start of the hearing the chair shall announce those persons participating remotely and the information will be recorded in the minutes. The hearing will be available for viewing on Spectrum Access Channel 191 or the Chicopee TV website Facebook.com/ChicopeeTV and or https://vimeo.com/chicopeetv.

The petition and materials related to this proposal are on file in the Office of the City Council, Chicopee City Hall, 274 Front Street, (plans and applications are also available on the City Council website https://www.chicopeema.gov/880/Pending-Applications.) You may also call (413) 594-1435 or email aczarniecki@chicopeema.gov.
7/09, 7/16/2020

CHICOPEE CITY COUNCIL ZONING COMMITTEE LEGAL NOTICE

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Special Permit application under 275-52 for the purpose of buying only two cars, fix them and then resell the cars. Would like to hold the cars in two car garage at the house located at 101 Angela Dr. Applicant – Velma Johnson & Akeem Pitter, 101 Angela Dr., Chicopee, MA 01020.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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7/09, 7/16/2020

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Zone Change from Residential A, Residential B, Business A to Industrial for all acres/square feet of property located at 107 N. Chicopee St. for the purpose of continuity of zoning. Applicant – Chicopee Industrial Realty, LLC, Carol Campbell, 107 N. Chicopee St., Chicopee, MA 01013.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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7/09, 7/16/2020

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Special Permit application under 275-58 C 6 for the purpose of small scale production facility on Business A property located at 365 Chicopee St. Applicant – Gregory & Tracy Janik, 2 Belmont Ave., South Hadley, MA 01075.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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7/09, 7/16/2020

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Special Permit application under 275-53 C 6 for the purpose of waiving lot dimensional requirements for duplex construction as follows: frontage from100 feet to 58 feet, lot area from 10,000 square feet to 8,700 square feet located at 652 Chicopee St. Applicant – Andre Marcoux, 67 Catherine St., Chicopee, MA 01013.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

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7/09, 7/16/2020

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Special Permit application under 275-50 C (2) (b) for the purpose of obtaining a permit for the addition of an electronic message center panel on existing sign pylon located at 1307 Memorial Dr. Applicant – James Carlin, Jr., P O Box 3374, Springfield, MA 01101.

The plans/application can be viewed on the City Council website https://www.chicopeema.gov/880/Pending-Applications

***COVID-19:** Pursuant to the Governor's Order Suspending Certain Provisions of the Open Meeting Law, MGL c. 30A due to the novel Coronavirus outbreak, the July 29, 2020 Zoning Committee hearing shall be physically closed to the public. As required, alternative public access to this hearing shall be provided in the following manner: The hearing will be conducted via teleconference (Zoom). Anyone wishing to participate remotely shall, as soon as reasonably possible prior to the hearing, provide notice to the Office of the City Council by calling (413) 594-1435 M-F 8:30 AM – 5 PM or by email at aczarniecki@chicopeema.gov. Those giving such notice will need to identify the public hearing and provide their name, address and contact phone number to minimize the potential for zoom bombing of the meeting. At the start of the hearing the chair shall announce those persons participating remotely and the information will be recorded in the minutes. The hearing will be available for viewing on Spectrum Access Channel 191 or the Chicopee TV website Facebook.com/ChicopeeTV and or https://vimeo.com/chicopeetv.

The petition and materials related to this proposal are on file in the Office of the City Council, Chicopee City Hall, 274 Front Street, (plans and applications are also available on the City Council website https://www.chicopeema.gov/880/Pending-Applications.) You may also call (413) 594-1435 or email aczarniecki@chicopeema.gov.
7/09, 7/16/2020

SALE OF MOTOR VEHICLES
Under G.L. c.255 Sec. 39A

Notice is hereby given by **Interstate Towing, Inc.** pursuant to the provisions of G.L. c. 255, section 39A, that on **July 24, 2020** at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

1987 BMW 325I
VIN: WBABB1303H8270287
Joseph Ryan
25 Maple St, Apt 21
Florence, MA 01062

1997 HONDA ACCORD
VIN: 1HGCE1890VA008304
Davon Britton
14 Abbey St
Chicopee, MA 01020

1997 TOYOTA RAV4
VIN: JT3HP10V9V7060457
Elaine Cigas
173 Roosevelt Ave
Feeding Hills, MA 01030

1999 AUDI A4 2.8 QUATTRO
VIN: WAUED28D3XA321982
Laura Conant
5 Red Oaks Cir
Feeding Hills, MA 01030

2001 HONDA CR80RB
VIN: JH2HE04381K500851
Unknown

2003 HONDA ODYSSEY
VIN: 5FNRL186X3B154251
Shawn Oski
99 Edgemont St
Springfield, MA 01109

2005 BUICK LACROSS
VIN: 2G4WC532X51228011
Reynold Marshall
38 Worthy St
Springfield, MA 01104

2005 FORD EXPEDITION
VIN: 1FMFU18595LA56220
Bruce Cusick
1300 Washington St
East Weymouth, MA 02189

2005 JEEP GRAND CHEROKEE
VIN: 1J4GR48K45C555356
Katherine Dejesus
675 High St Apt 2RF
Holyoke, MA 01040

2005 TBA1 MASTER
VIN: LLCHYP1C941006059
Ryan McCarthy
38B A St
West Warren, MA 01092

2006 HONDA CIVIC
VIN: 2HGFA16876H515593
Tyshawna Burly
103 Stonina Dr
Chicopee, MA 01013

2007 HONDA CIVIC
VIN: 2HGFG12827H584469
Raven Sallio
51 Fort Pleasant St
Springfield, MA 01108

2011 DODGE AVENGER
VIN: 1B3BD4FB4BN537460
Ryan Yarmesky
24 Parker St
Westfield, MA 01085

2012 HINO 258/268
VIN: 5PVNJ8JT5C4S53922
JK Delivery LLC
130 North Ave
Hillside, NJ 07205

2015 CHEVROLET SILVERADO
VIN: 3GCUKREC4FG528650
Michael Geshwind
63 Granby Rd
Granville, MA 01034

2015 KENWORTH CONSTRUCT T680
VIN: 1XKYD49X6FJ431951
G.O. Freight Transportation, LLC
3196 Mount Zion Rd,
Apt 3302
Stockbridge, GA 30281

2019 FORD FIESTA
VIN: 3FADP4EJ8KM131284
John Branconnier
3 Hardwood Cross Rd
Brookfield, MA 01506

SSR DIRT BIKE
VIN: A5SDD2R3JDC011256
Joham Berrios
23 Carl St #2
Springfield, MA 01104

7/09, 7/16, 7/23/2020

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758

PUBLIC NOTICES

Docket No. HD20P0830EA
Estate of:
Edwin J Krasinkiewicz
Also known as:
Edwin Joseph Krasinkiewicz
Date of Death: 01/25/2000
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **John J Krasinkiewicz** of Enfield CT and **Bill M Krasinkiewicz** of Chicopee MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **John J Krasinkiewicz** of Enfield CT and **Bill M Krasinkiewicz** of Chicopee MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on **07/31/2020**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland,** First Justice of this Court.

Date: July 03, 2020
Suzanne T. Seguin
Register of Probate
7/09/2020

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
50 State Street
Springfield, MA 01103
(413)748-8600
Docket No. HD20P0937EA
Estate of:
John Joseph Murawski
Also Known As:
John J. Murawski and John Murawski
Date of Death: April 4, 2020
INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Gail A. Murawski** of Chicopee, MA a Will has been admitted to informal probate.

Gail A. Murawski of Chicopee, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
7/09/2020

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD19P2384EA
Estate of: Nelson Traquina
Also known as:
Nelson M. Traquina
Date of Death: 09/26/2019
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:

A Petition for **S/A - Formal Probate of Will with Appointment of Personal Representative** has been filed by **Perry M. Traquina** of Wayland MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Perry M. Traquina** of Wayland MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on **07/31/2020**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland,,** First Justice of this Court.

Date: June 26, 2020
Suzanne T. Seguin
Register of Probate
7/09/2020

PUBLIC NOTICES ARE NOW ONLINE

1 Email all notices to notices@turley.com

2 Access archives and digital tear sheets by newspaper title.

3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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Chicopee Register

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary,** costing $120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

The benefits of local newspapers

Local newspapers play vital roles in communities across the globe. The Information Age has changed the way many people get their news, but local newspapers continue to serve as valuable resources for readers interested in learning more about and becoming more involved in their communities.

While local publishers continue to adapt to the changes brought about by technology, the following are a handful of benefits unique to local newspapers.

• **Local newspapers keep readers up-to-date on their own communities.** Globalization may be here to stay, but that does not mean local communities are no longer home to newsworthy events. National and international newspapers and 24-hour cable news channels can keep men and women up-to-date on national and world news, but in many instances, local newspapers are the only means people have to learn about what's going on in their own communities. Local politics impact residents' lives every day, and local newspapers cover local politics extensively.

• **Local newspapers benefit nearby businesses.** Small business owners often connect with community members via local newspapers. A strong, locally based small business community can improve economies in myriad ways, creating jobs in the community and contributing tax dollars that can be used to strengthen local schools and infrastructure. And local newspapers do their part by providing affordable and effective advertising space to local business owners looking to connect with their communities.

• **Local newspapers can strengthen communities.** Local newspapers are great resources for residents who want to become more active in their communities and learn more about community events. Local newspapers often showcase community events like carnivals, local theater productions and projects like park cleanups. These are great ways for readers to become more active in their communities and build stronger communities as a result.

• **Local newspapers can benefit children.** National newspapers may have little age-appropriate content to offer young children, but local newspapers tend to include more soft news items than national periodicals, and such stories typically are appropriate for young readers. According to Newspapers in Education, students who participated in an NIE group in Florida performed significantly better in spelling and vocabulary than nonreaders. Additional studies have indicated that students who use newspapers in the classroom perform better on standardized reading tests than those who do not use newspapers in class.

Many local newspapers have played vital roles in their communities for decades, providing a go-to resource for local readers and business owners.

12 Weekly Newspapers Serving The Local Communities

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Town Reminder • Ware River News • Wilbraham Times

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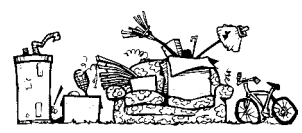

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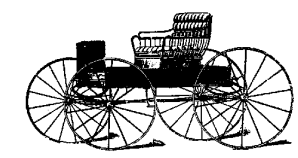

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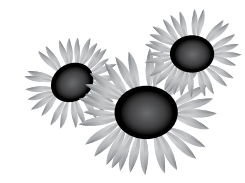

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13	14	15	16
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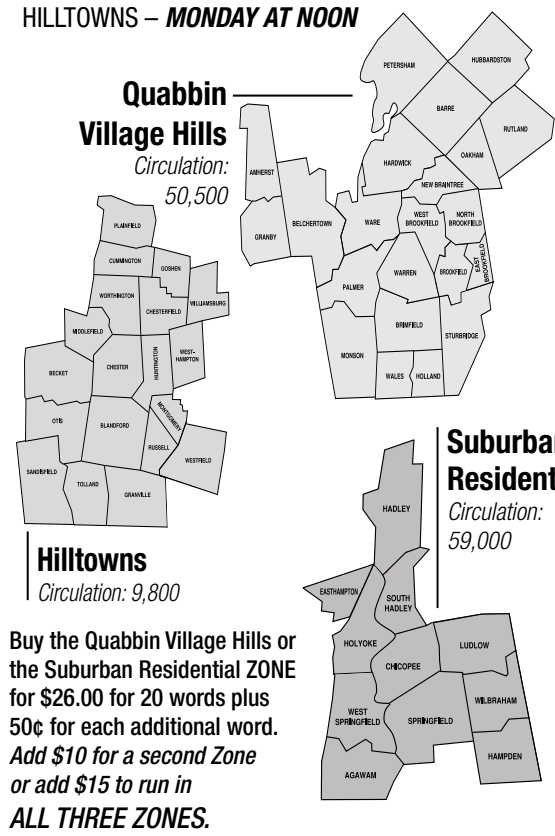
21 Base Price $26.50	22 Base Price $27.00	23 Base Price $27.50	24 Base Price $28.00
25 Base Price $28.50	26 Base Price $29.00	27 Base Price $29.50	28 Base Price $30.00
29 Base Price $30.50	30 Base Price $31.00	31 Base Price $31.50	32 Base Price $32.00
33 Base Price $32.50	34 Base Price $33.00	35 Base Price $33.50	36 Base Price $34.00
37 Base Price $34.50	38 Base Price $35.00	39 Base Price $35.50	40 Base Price $36.00



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Amount of charge: _____ Date: _____

First ZONE base price _____ *Includes additional words*
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x Number of Weeks _____
TOTAL Enclosed _____

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Qualified applicants must have a high school diploma or equivalent; valid driver's license; state license for removal of nuisance wildlife; permit for the use of firearms; 2-3 years of experience with animal handling; must complete ACOAM Academy within 1 year of hire. Must be able to effectively communicate with the public and local, state, federal agencies.

Interested candidates should submit a resume, cover letter and completed application (see www.ludlow.ma.us – Vacancies /"How to Submit…" instructions) by Friday, July 24, 2020 to: Human Resource Department, 488 Chapin Street, Ludlow, MA 01056 or via email to: HR@ludlow.ma.us. No applications will be accepted if incomplete or received after the deadline.

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CORI required for all positions. EOE

HELP WANTED

TOWN OF LUDLOW IS HIRING – Production/Studio Asst.-Part Time. Duties: Operate various audio, visual and production equip. in the filming of Town municipal mtgs & events for broadcast on LCTV; assist with other studio productions; and operate various office equip.
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A degree in communications/media production, experience in public access TV, knowledge of TV/video production & techniques and Final Cut Pro X preferred. Subject to CORI check. Rate: $15.9181/hr.
If interested submit a resume, cover letter and completed application (see website for app. - www.ludlow.ma.us) by July 10, 2020 to: HR@ludlow.ma.us or HR Dept, 488 Chapin St, Ludlow, MA 01056. Apps not accepted if incomplete or received after 7/10/20. Town of Ludlow is EOE/AA.

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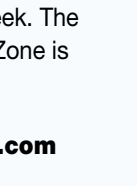

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Baystate: protect yourself from heat, humidity

SPRINGFIELD – The heat and humidity has already arrived along with the summer months.

Heat is a dangerous "disease" and can kill. According to the Centers for Disease Control and Prevention, each year in the United States hundreds of people, both adults and children, die from the heat.

However, folks can stay cool and safe this summer by observing some important tips to prevent heat-related illnesses.

"Those at greatest risk for developing a heat-related illness are children under 5 and people 65 years of age and older, who have the least ability to regulate their body temperatures, as well as those who work outdoors for a living," said Dr. Joseph Schmidt, vice chair and chief of Emergency Medicine at Baystate Medical Center.

Overweight people and others with chronic illnesses such as heart disease or high blood pressure, as well as those on certain medications, are also at high risk.

Extreme heat affects the body's ability to safely regulate its temperature, often resulting in heat-related illnesses such as heat exhaustion, heat stroke, or heat cramps. Sweating is the body's natural defense to cooling itself. However, when humidity is high, sweat does not evaporate as quickly, preventing the body from releasing heat quickly and resulting in a rapid rise of body temperature.

As with many illnesses, the best defense is prevention, and Schmidt suggests the following tips to keep you safe in the high heat:

Stay out of the heat – Avoid direct sunlight and strenuous activity outdoors. If possible, remain indoors. If you do not have air conditioning, consider visiting a location that does, such as the mall or a movie theater.

Dress for the weather – Wear lightweight, light-colored, loose-fitting clothing and a broad-brimmed hat when outdoors. Stay away from polyester in favor of cotton and linens which are better at repelling the sun's heat. Also, consider wearing sunglasses and putting on a sunscreen with an SPF 15 or greater.

Drink plenty of liquids – Begin drinking before you go outside and, if exercising, drink one quart of liquid an hour to replace lost fluid. Avoid caffeinated beverages and alcohol, which can contribute to the loss of more body fluid. Also, if taking water pills or on a fluid restrictive diet, consult with a physician before increasing liquid intake.

Take it slow and easy with athletic activity and working outdoors – Postpone athletic activity during high heat and humidity. Limit outdoor activities to the morning and evening. Drinking sports beverages can replace lost salt and minerals from sweat. However, those on low-salt diets should check with their doctor before drinking sports beverages.

Eat smaller meals – Instead of the usual rule of eating three square meals a day, eat smaller meals more frequently on days when the sun turns up the heat. Also, avoid high-protein foods which can increase metabolic heat.

Warning signs of an oncoming heat-related illness could include excessive sweating, leg cramps, flushed skin, nausea and vomiting, dizziness, headache and rapid pulse. If these occur, Schmidt suggests getting out of the heat and drinking liquids.

"Heat stroke can cause death or permanent disability and requires immediate emergency medical treatment," said Schmidt about the serious condition which can cause damage to the brain and other vital organs.

Warning signs of heat stroke can vary, but may include the following: body temperature of 103 F or higher, dizziness, throbbing headache, nausea, confusion, a rapid, strong pulse, and in extremely critical cases, unconsciousness.

"In addition to taking care of yourself from the ill-effects of the heat, don't forget to check on elderly relatives and neighbors several times a day to make sure they are safe and free from any signs of heat exhaustion or heat stroke," said Schmidt.

Schmidt also reminds parents and caregivers that hot weather and vehicles can be a deadly combination for kids.

"Children are at serious risk for heat stroke when left alone even for a few minutes in a closed vehicle or even in one with the window left slightly open," he said.

"Even for those who do not suffer from a sleep disorder, getting to sleep can be more of a challenge in New England during the summer months," said Dr. Karin Johnson, director, Sleep Lab, Baystate Medical Center. "There have been studies done on exactly what room temperatures are beneficial to our sleep. In general, many cite between 60 and 67 degrees Fahrenheit as ideal with temperatures exceeding 75 degrees Fahrenheit and below 54 degrees Fahrenheit as disruptive to our much needed sleep."

The National Sleep Foundation offers the following tips to help both young and old sleep better in uncomfortable, hot weather, especially when air conditioning isn't an option. They advise using a fan to circulate air, close windows and blinds to keep sunlight out)open the windows at night if the air temperature is cooler). They also suggest sleeping downstairs, as heat rises. Wearing light clothes and pajamas at night can help stay cool and some use moisture-wicking fabric.

For more information, visit baystatehealth.org.

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